

# If you would like to take next steps to become more dementia friendly

Hereford Diocese is working to encourage and support our churches and communities to become more dementia friendly. You can choose to be a part of that with a few simple steps that may lead to actions that enhance the quality of life and physical, emotional and spiritual wellbeing of those people who live with dementia and their carers.

## Contact:

Chrissie Pepler, Community Link Development Officer for information on Dementia Friendly Churches or Dementia Friends Information session

01584 871077  
c.pepler@hereford.anglican.org

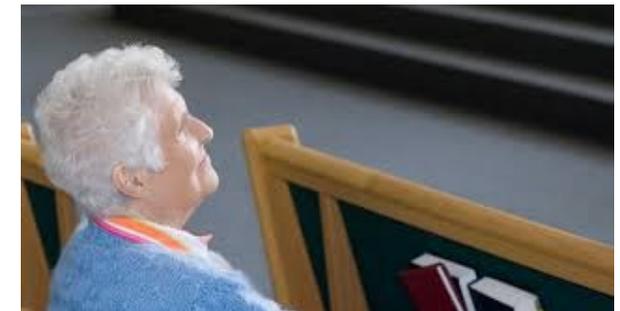
HEREFORD DIOCESE

working towards becoming dementia friendly



# Why does DEMENTIA MATTER ?

We want to support people living with dementia and their carers to feel more accepted and valued in our communities. An Alzheimer's Society survey of people living with dementia found 61% felt lonely and 44% said they'd lost friends





## Interesting Insights

---

Currently around 850,000 people are living with dementia in our country, estimated to grow to over one million by 2025.

How do we adapt to make life more manageable and with a better quality of life for those who are living with dementia and their carers?

**How are things changing in our communities?**

**Over one million people have attended information sessions and become 'Dementia Friends' - in our communities, shops and public services.**

**How can we in our churches respond?**

## What can we do ?

---

Churches can offer:

- Empathy and understanding
- Deeper, wider friendships
- A sense of belonging and inclusiveness
- A safe place, a haven, a place of peace
- Laughter and companionship
- Hospitality, understanding and caring

**We can reach:**

**Those people in our churches with dementia and their carers**

**Reach out to those in our community with dementia with better understanding and bridge-building**

*"To achieve this we need to have an understanding of dementia ."*



## How can we do this?

---

- Attend a dementia friends information session
- Incorporate learning into; pastoral care, church services, church buildings
- Build community networks to support those with dementia and their carers
- Work towards becoming a dementia friendly church

## Why we do this

---

Reaching out to those who feel 'lost' or excluded in our communities is at the heart of the message that Jesus brought us and instructed us to pass on to others.

**It is possible to live well with dementia, we all need to play our part for this to happen in our communities. By becoming a Dementia Friend and taking small actions we can help this to happen.**